

Grain Ounce Equivalents for Grades K-12 in the National School Lunch Program and School Breakfast Program

School Year 2021-22

The U.S. Department of Agriculture's (USDA) [Exhibit A: Grain Requirements for Child Nutrition Programs](#), summarizes the ounce equivalents (oz eq) for nine groups (A-I) of grain foods. The chart in this document lists the Exhibit A oz eq that apply to the meal patterns for grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Seamless Summer Option (SSO) of the NSLP.

All grains offered in the NSLP and SBP must be whole grain-rich (WGR). For information on the WGR criteria, refer to the CSDE's guide, [Meeting the Whole Grain-rich Requirement for the NSLP and SBP Meal Patterns for Grades K-12](#). For information on the grains component and meal pattern requirements for grades K-12, refer to the CSDE's guide, [Menu Planning Guide for School Meals for Grades K-12](#)

Note: Per USDA memo, [COVID-19: Child Nutrition Response #90: Nationwide Waiver to Allow Specific School Meal Pattern Flexibility for School Year 2021-2022](#), school food authorities (SFAs) that cannot meet the WGR requirement during school year 2021-22 (through June 30, 2022) must request a waiver from the CSDE. For more information, visit the "[How To](#)" section of the CSDE's Operating Child Nutrition Programs during COVID-19 Outbreaks webpage.

The amount of a creditable grain food that provides 1 oz eq varies because different types of foods contain different amounts of creditable grains. For example, to credit as 1 oz eq of the grains component, a WGR roll must weigh 28 grams (1 ounce) and a WGR blueberry muffin must weigh 55 grams (2 ounces). The minimum amount that credits toward the grains component is $\frac{1}{4}$ oz eq.

Grain-based desserts

Grain-based desserts (such as cookies, cakes, and cereal bars) in groups C-G are designated with the footnote 1 (allowed for lunch and breakfast) or 2 (allowed only for lunch). The total amount of grain-based desserts at lunch cannot exceed 2 oz eq per week.

Using the ounce equivalents chart

This chart determines the required quantity for commercial grain products and may also be used for recipes if the menu planner knows the **weight** of the prepared (cooked) serving. If the recipe does not provide this information, the average weight per serving can be determined by weighing several servings of the recipe (refer to the CSDE's [Yield Study Data Form for Child Nutrition Programs](#)). For guidance on determining the oz eq contribution of a grain product or recipe, refer to the CSDE's resource, [Calculation Methods for Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP](#).

Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP

Group A	Oz Eq for Group A
Bread sticks, hard Bread-type coating Chow mein noodles Crackers, savory, e.g., saltines and snack crackers Croutons Pretzels, hard Stuffing, dry Note: weights apply to bread in stuffing	1 oz eq = 22 grams or 0.8 ounce $\frac{3}{4}$ oz eq = 17 grams or 0.6 ounce $\frac{1}{2}$ oz eq = 11 grams or 0.4 ounce $\frac{1}{4}$ oz eq = 6 grams or 0.2 ounce
Group B	Oz Eq for Group B
Bagels Batter-type coating Biscuits Breads, e.g., sliced whole wheat, French, Italian Buns, hamburger and hot dog Crackers, sweet, e.g., graham crackers and animal crackers, all shapes ¹ Egg roll skins English muffins Pita bread, whole wheat or whole-grain rich Pizza crust Pretzels, soft Rolls, whole wheat or whole-grain rich Taco shells, whole wheat or whole corn Tortilla chips, whole wheat or whole corn Tortillas, whole wheat or whole corn	1 oz eq = 28 grams or 1 ounce $\frac{3}{4}$ oz eq = 21 grams or 0.75 ounce $\frac{1}{2}$ oz eq = 14 grams or 0.5 ounce $\frac{1}{4}$ oz eq = 7 grams or 0.25 ounce
Group C	Oz Eq for Group C
Cookies, plain, including vanilla wafers ² Cornbread Corn muffins Croissants Pancakes Piecrust (dessert pies ² , cobblers ² , fruit turnovers ¹ , and meat or meat alternate pies) Waffles	1 oz eq = 34 grams or 1.2 ounces $\frac{3}{4}$ oz eq = 26 grams or 0.9 ounce $\frac{1}{2}$ oz eq = 17 grams or 0.6 ounce $\frac{1}{4}$ oz eq = 9 grams or 0.3 ounce
Group D	Oz Eq for Group
Doughnuts, cake and yeast raised, unfrosted ¹ Cereal bars, breakfast bars, granola bars, plain ¹ Muffins, all except corn Sweet rolls, unfrosted ¹ Toaster pastries, unfrosted ¹	1 oz eq = 55 grams or 2 ounces $\frac{3}{4}$ oz eq = 42 grams or 1.5 ounces $\frac{1}{2}$ oz eq = 28 grams or 1.0 ounce $\frac{1}{4}$ oz eq = 14 grams or 0.5 ounce

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Group E	Oz Eq for Group E
Cereal bars, breakfast bars, granola bars, with nuts, dried fruit or chocolate pieces ¹ Cookies, with fillings or coverings, nuts, raisins, chocolate pieces or fruit purees ² Doughnuts, cake and yeast raised, frosted or glazed ¹ French toast Sweet rolls, frosted ¹ Toaster pastries, frosted ¹	1 oz eq = 69 grams or 2.4 ounces $\frac{3}{4}$ oz eq = 52 grams or 1.8 ounces $\frac{1}{2}$ oz eq = 35 grams or 1.2 ounces $\frac{1}{4}$ oz eq = 18 grams or 0.6 ounce
Group F	Oz Eq for Group F
Cake, plain, unfrosted ² Coffee cake ¹	1 oz eq = 82 grams or 2.9 ounce $\frac{3}{4}$ oz eq = 62 grams or 2.2 ounce $\frac{1}{2}$ oz eq = 41 grams or 1.5 ounce $\frac{1}{4}$ oz eq = 21 grams or 0.7 ounce
Group G	Oz Eq for Group G
Brownies, plain ² Cake, all varieties, frosted ²	1 oz eq = 125 grams or 4.4 ounces $\frac{3}{4}$ oz eq = 94 grams or 3.3 ounces $\frac{1}{2}$ oz eq = 63 grams or 2.2 ounces $\frac{1}{4}$ oz eq = 32 grams or 1.1 ounces
Group H	Oz Eq for Group H
Breakfast cereals, cooked ³ Bulgur or cracked wheat Cereal grains, e.g., amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat Macaroni, all shapes Noodles, all varieties Pasta, all shapes Ravioli, noodle only Rice, brown or enriched white	1 oz eq = $\frac{1}{2}$ cup cooked or 1 ounce (28 grams) dry
Group I	Oz Eq for Group I
Ready-to-eat (RTE) breakfast cereals (cold dry) ^{3, 4}	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = $1\frac{1}{4}$ cups or 1 ounce for puffed cereal 1 oz eq = $\frac{1}{4}$ cup or 1 ounce for granola
¹ Allowed only at lunch in the NSLP and breakfast in the SBP. The weekly total of all grain-based desserts at lunch cannot exceed 2 ounce equivalents. ² Allowed only at lunch in the NSLP. The weekly total of all grain-based desserts at lunch cannot exceed 2 ounce equivalents. ³ Breakfast cereals may be served in meals other than breakfast. ⁴ RTE breakfast cereals must be WGR, enriched, or fortified. For more information, review the CSDE's resource, Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP :	

Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP

Resources

Calculation Methods for Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/GrainCalculation.pdf>

Crediting Enriched Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditEnrichedGrains.pdf>

Crediting Foods in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs>

Crediting Whole Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditWholeGrains.pdf>

Exhibit A Grains Tool (USDA's Food Buying Guide for Child Nutrition Programs):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

Food Buying Guide Exhibit A Grains Tool (USDA):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Food Buying Guide Section 4: Overview of Crediting Requirements for the Grains Component (USDA):

https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section4_Grains.pdf

Food Buying Guide Section 4: Yield Table for Grains (USDA):

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section4_GrainsYieldTable.pdf

Grains Component for Grades K-12 (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#Grains>

Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs>

Meeting the Whole Grain-rich Requirement for the NSLP and SBP Meal Patterns for Grades K-12 (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/WGRCriteria.pdf>

Menu Planning Guide for School Meals for Grades K-12 (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf

Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP

Product Formulation Statement for Documenting Grains in Child Nutrition Programs

– Completed Sample (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/
PFS_Example_Grains_Oz_Eq.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains_Oz_Eq.pdf)

Product Formulation Statement for Documenting Grains in Child Nutrition Programs

– Completed Sample (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/
PFS_Example_Grains_Oz_Eq.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains_Oz_Eq.pdf)

Product Formulation Statements (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/PFS.pdf>

Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs):

<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program:

<https://www.fns.usda.gov/grain-requirements-national-school-lunch-program-and-school-breakfast-program>

USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP



For more information, review the CSDE's guide, *Menu Planning Guide for School Meals for Grades K-12*, and visit the CSDE's *Meal Patterns for Grades K-12 in School Nutrition Programs* and *Crediting Foods in School Nutrition Programs* webpages, or contact the *school nutrition programs staff* in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/GrainOzEqSNPgradesK-12.pdf>.

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- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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